

We Claim:

1. An extendable handle, comprising:
 - a first shaft having a distal end and a proximal end;
 - a second shaft having a distal end and a proximal end and slidably disposed within the first shaft;
 - a guide block disposed on the distal end of the second shaft and defining a curved channel therein;
 - a third shaft with a distal end and a proximal end and slidably disposed within the second shaft;
 - an advancement strip with a first end and a second end, wherein the first end of the advancement strip is connected to the distal end of the first shaft and the second end of the advancement strip is connected to the proximal end of the third shaft, and wherein the advancement strip is disposed through the curved channel of the guide block;
 - wherein the advancement strip can both pull and push the third shaft relative to the second shaft.
2. The handle of claim 1, further comprising an ergonomic grip disposed on the first shaft and an ergonomic grip disposed on the second shaft.
3. The handle of claim 1, wherein the handle includes means for preventing relative movement between the first shaft and the second shaft.

4. The handle of claim 3, wherein the means comprise a locking pin, wherein the second shaft includes a plurality of holes, and the first shaft includes a locking hole.

5. The handle of claim 4, wherein the locking pin is biased toward the second shaft by a spring.

6. The handle of claim 1, wherein the advancement strip is constructed of spring steel, a push-pull chain, or plastic.

7. The handle of claim 1, wherein the implement section includes a mounting block that is slidable within the second shaft.

8. The handle of claim 1, further comprising a paint roller rotatably mounted on the distal end of the third shaft.

9. The handle of claim 1, further comprising a removable butt cap mounted to the proximal end of the first shaft.

10. A paint applicator with an extendable handle, comprising:

- an outer shaft having a distal end and a proximal end;
- an inner shaft having a distal end and a proximal end and telescopically disposed within the outer shaft;
- a guide block attached to the inner shaft and defining a curved channel therein;
- a rod with a distal end and a proximal end and telescopically disposed within the inner shaft;
- an advancement strip with a first end and a second end, wherein the first end of the advancement strip is connected to the distal end of the outer shaft and the second end of the advancement strip is connected to the proximal end of the rod, and wherein the advancement strip is disposed through the curved channel of the guide block;
- a paint roller rotatably mounted to the distal end of the rod; and
- wherein the advancement strip can both pull and push the rod relative to the inner shaft.

11. The handle of claim 10, further comprising an ergonomic grip disposed on the outer shaft and an ergonomic grip disposed on the inner shaft.

12. The handle of claim 10, wherein the handle includes means for preventing relative movement between the inner shaft and the outer shaft.

13. The handle of claim 12, wherein the means comprise a locking pin, wherein the inner shaft includes a plurality of holes, and the outer shaft includes a locking hole.

14. The handle of claim 13, wherein the locking pin is toward the inner shaft by a spring.

15. The handle of claim 10, wherein the advancement strip is constructed of a spring steel.

16. The handle of claim 10, wherein the implement section includes a mounting block that is slidable within the inner shaft.

17. The handle of claim 10, further comprising a removable butt cap mounted to the proximal end of the outer shaft.

18. An paint applicator with an extendable handle, comprising:
a first tube;
a second tube slidably telescoping mounted relative to the first tube;
a paint roller mounted to the second tube;
means for biasing the second tube relative to the first tube.
19. The paint applicator of claim 18, wherein the means for biasing include a spring.
20. The handle of claim 18, further comprising an ergonomic grip disposed on the first tube and an ergonomic grip disposed on the second tube.
22. The handle of claim 18, further comprising means for preventing relative movement between the inner shaft and the outer shaft.
23. The handle of claim 22, wherein the means comprise a locking pin, wherein the second tube includes a plurality of holes, and the first tube includes a locking hole.
24. The handle of claim 23, wherein the locking pin is biased away from the second tube by a spring.
25. The handle of claim 24, wherein the advancement strip is constructed of a spring steel.

26. The handle of claim 18, wherein the paint roller is connected to a mounting block that is slidable within the second tube.

27. The handle of claim 18, further comprising a removable butt cap mounted to the proximal end of the outer shaft.